



T H E

NEW

FILMORE

Volume 1

Number 2

June 1986



- ▶ Parking, parking, parking
- ▶ Innovation at Medical Center
- ▶ Custom-tailoring fashion

WANA Protests Victorian Razings

The May 7 meeting of the Western Addition Neighborhood Association at St. Dominic's Church offered an impressive confrontation between developers and local residents over the issue of razing or renovating several Victorian flats to build a Ronald McDonald House adjacent to Mt. Zion Hospital.

Developer Ira Gold and his wife seek to build a ten bedroom facility offering short-term housing for families with seriously ill children being treated at Mt. Zion. WANA representatives recommended the Golds and their architect investigate the alternative of renovating the existing structures. Pointing to the architectural renderings, the developers stated they had explored the possibility, and that renovation, in light of their overall plan, was not feasible.

"It's a question of compatibility," Gold said. "We are trying to relate to both structures." WANA board member Chantal Wong described the situation as one where "The neighborhood is concerned about the trend of tearing down Victorians for new development."

WANA, like the Pacific Heights Residence Association just to the north, watchdogs development developments with an eye to preserving as much as possible the existing Victorian character of the area.

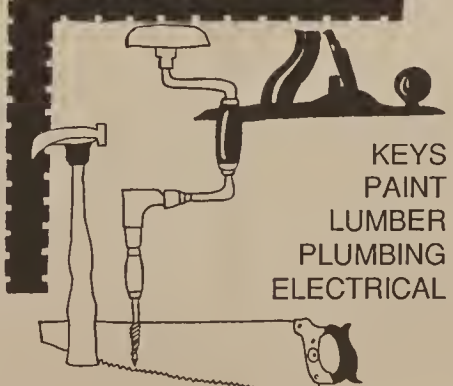
WANA's ability to enforce renovation versus razing, however, appears to be restricted.

"They would like our support," Chantal said, "But they are going ahead with the project."

New Fillmore Seeks Community News, Listings

The New Fillmore would like the opportunity, on a space available basis, to make known news or advanced calendar listings of any events or openings which some of our readers would be interested in knowing about. Send any information you have to The New Fillmore, Box 343, 2443 Fillmore Street, San Francisco, CA 94115. Please remember to include the time, date, and location of the event, and whether or not there is any charge for attendance.

Fillmore Hardware



KEYS
PAINT
LUMBER
PLUMBING
ELECTRICAL

1930 FILLMORE ST.
346-5240

Pacific Heights Residence Association Denied Historical Grant

An effort by the Pacific Heights Residence Association to secure a grant to begin establishing a house-by-house, block-by-block catalog of the Webster Street area to fix its historical signifiance was rebuffed by the city when it politely but formally denied a \$10,000 grant request by the Association to conduct the necessary research. The grant would have allowed an historical inventory of the area which could have been drawn upon immediately to address any requests for demolition or non-conforming renovation.

Restaurant, Gallery, Store all open in May.

May saw the opening of three new businesses in the area...The Cafe Majestic in the Hotel Majestic on Sutter, the Invision Eyewear Salon on Fillmore near Pine, and out on Sacramento Street, the "Lost Art" Gallery.

The Cafe Majestic, operated by Stanley Eichelbaum and his partner Tom Marshall who

also operate Eichelbaum's on California Street, offers California cuisine in Victorian ambiance, and will cater to the after-theater crowd, a favorite of former Examiner theater critic Eichelbaum's. The Majestic serves dinner until 11:30 Tuesday through Sunday and has Weslia Whitefield singing Broadway show tunes on Tuesdays at 10...The Invision salon features European eyewear in a striking interior designed by local architect Roger East...the Lost Art Gallery, at 3463 Sacramento Street, is open Wednesdays to Saturdays from 12 to 6 and offers pre-Columbian art from both North and South America.

Upcoming:Carnival, "June-teenth" Festival, Potluck

The annual "Juneteenth Festival," to be held June 14th and 15th at Kimball Park Between Steiner and Pierce and Geary and O'Farrell, will be preceded this year by a Carnival held June 6,7, and 8 at a Carnival sitebetween Fillmore and Steiner and Turk and Eddy. The monthly community potluck will be held on June 17 at 7 pm at the Palace Cafe, on Fillmore Street between Bush and Sutter.

Letters to the Editor

Dear Editor,
As a four-year resident of the neighborhood and ten-year frequenter of commercial enterprises in the Fillmore Street area, I welcome publication of The New Fillmore for a variety of reasons. I usually prefer the shops of the neighborhood to the congested giants of Union Square or the outlying shopping centers. I am therefore pleased to see ads here which alert us to sales, specialty items, new services or products, etc., offered by local merchants. (I gave a copy of the first edition of the paper to a colleague whose son promptly purchased a case of his favorite champagne at D&M as a result of its ad.)

Additionally, as Mayor Feinstein noted in her letter to the editor last month, the newspaper will provide a vehicle to communicate local needs. I am reminded of the traffic light which was installed at California and Buchanan only after a lengthy campaign by a group of neighborhood residents, motivated by the tragedy of a woman being killed in an accident at that intersection and concern for children at the near-by day care center, who had to battle the contention of city traffic officials that other intersections should receive higher priority. The voice of a community newspaper might well have facilitated that effort through informing the neighborhood and enabling a maximum number of residents sharing the group's concerns to participate. I also feel that the Crime Watch column provides a service to the

community. I was the victim of an armed robbery reported in last month's column. While it is not pleasant to read about such incidents, knowledge of the types and locations of crimes taking place in our neighborhood may increase our awareness and encourage preventive measures. Last but not least, I share the publisher's observation in his first column that The New Fillmore should provide an opportunity for area residents to become better acquainted, learn about events going on here and now, and have more fun living in a great neighborhood of San Francisco.

Marilyn Fisher

Contents	
BEAUTY	8
COMMUNITY ISSUE: PARKING	5
CRIME WATCH	6
EXERCISE: AEROBICS	15
FASHION	11
FICTION: OF LOVE AND BIRDS	13
GREAT HOUSES	19
HEALTH: ALL VEGGIE DIET?	17
MEDICAL CENTER	16
PROFILE: LIZ WILSON	7

THE NEW FILLMORE

The New Fillmore is published monthly by The New Fillmore Corporation, Box 343, 2443 Fillmore Street, San Francisco, CA 94115. Tel. 931-0515. David Ish, Publisher and Editor, Ginny Lindsay, Graphics. Stuart Goldsborough and Anne Cofflet, Significant Contributors. We

warmly invite letters to the editor, articles, fiction, poetry, and notions. All submissions, whether real or imagined, must be either about something happening in the neighborhood, (or at least partially set in the neighborhood if its fiction) or written by someone living here.

Free Gift!

Bring in this ad and received a free gift from Gilmour's. Join us in celebrating the opening of our new store on Fillmore Street, between Pine and Bush.


- Flowers
- Gifts
- Customized silk flowers for your home
- Fruit Baskets
- Balloon Bouquets
- Senior Gold Cards Honored

Gilmour's

An Affair with Flowers

1909 Fillmore Street 346-8787

Over 50 Years in San Francisco





INSIGHT -- THE FILLMORE

by Anne Coffelt

As a follow-up to last's months article, "Down and out at the Donut Shop," by Stuart Goldsborough, the Inquiring Photographer asked neighborhood merchants and residents to express their opinions about escalating commercial rents.

Michael Souter
Designer,
(Scott Street)



How did you feel about hearing the donut shop was closing?

"I was disappointed because I rely on them for their 24 hour service. It's a social environment in the morning, a place for people who work in the neighborhood or the hospital to meet. 6AM is when you see the real crew. Other shops may have better, more expensive coffee and pastries, but there it's affordable. It also brings another group of people into the neighborhood. It's a resting place for people from the Western Addition to come on their way to work.

Phil Dean
Manager,
Fillmore Glass & Hardware Co., Inc.
1930 Fillmore St.



How can neighborhood businesses survive with commercial rents increasing so dramatically?

"I've seen a lot of changes. The rents are way out of control as far as I'm concerned. You really have to have something going and know what kind of business to start to stick it out and make it go. We are different because we own our place. The Hayes family started this business over 40 years ago. We were originally in the glass business on Bush St. and were forced out by the City who wanted only residential. We moved and now no longer sell glass, we're just a hardware store...The street is nice, it's just not as convenient as it used to be."

Kathy Nelson
Owner, partner
Miracle Baths
1928 Fillmore Street



We have a new landlord and he wants to use the building for his own purposes and for the duration of the lease he wants to raise our rent from \$1,000 a month to \$6,541 a month. The issue is what is **fair market value**. Our two-year lease option began last October and the way the lease reads is fair market value, that's what will be judged. We have had appraisers come in, his and ours, their estimation of what is fair market value *for this space on this street for this usage* is greatly different. I think it will set a precedent for other businesses because what we're arguing is fair market value on an existing business. We see it right and left, businesses going out of business because of enormous rent increases."

Doris Morimoto
Property owner;
Brentwood Cleaners
Fillmore/Pine
Formerly California St.
Cleaning and Dying Works



With commercial rents getting so high, are you afraid the Fillmore might become another Union St.?

"Well I hope not because as it is I think we have enough restaurants ... The whole neighborhood has changed there are more professional people here. I think I'm the oldest business operator living in the area since birth and I just turned 75. My father started with a horse and buggy business, and had a stable at California and Steiner. He furnished the carriages for the carriage trade that lived in Pacific Heights. I've been in the same house for 69 years, except for the time I was married and when I was also away for 4 years during relocation. In W.W. II, when all the Japanese were relocated, all these houses were empty, that's when the neighborhood changed. Before that, Fillmore St. was the street to be living on. We had street cars, not buses, and cobble stones and we had theaters...The New Fillmore at Ellis and Eddy, and The New Princess...we had the Owl Drugstore at Fillmore and Geary, Foster's Restaurant at Sutter and Fillmore."



Super deal on Famous Grouse for scotch Scotch drinkers! **\$2.99!** 750 ml •

If you play your coupons right you can get a \$12.99 bottle of Famous Grouse Blended Scotch Whiskey for a mere \$2.99! Here's what you do: on June 11 Famous Grouse Scotch is running an ad in The San Francisco Chronicle (a downtown newspaper) in which they are offering a \$5 coupon on Famous Grouse. Bring that coupon into Bi-Rite liquors, and we'll sell you a bottle for \$7.99 and give you a second \$5 coupon you can mail in directly to Famous Grouse for a \$5 rebate from them! So the total cost of Famous Grouse to you is only \$2.99!

The single malt Scotches:
a continuing appreciation:

For peat's sake -- the burning issue of single-malt Scotches

A single malt whisky is different from an ordinary grain whisky in that the barley grain used to make the single malt whisky is soaked until it starts to sprout and is then dried out, creating a malted grain that makes for a distinct and more flavorful whisky than an ordinary grain whisky. It is in the drying out of the malted grain that many single malt whiskies get much of their distinctive flavor. After the grain has reached a certain, critical stage in its sprouting, it is taken to large kilns for drying, and these kilns are fired with peat-- carbonized, mossy, boggy earth that is lit and used for fuel once it itself has been dried out. Bogs of peat abound in Scotland as a ready source of fuel, and peat has been used for centuries to dry out malted barley grains. The flavor imparted to the malt by the smoke of the burning peat used to dry it accounts for that aspect of a single malt's taste generally referred to as its "smokiness." Malts for most single malt distilleries are produced in centralized maltings that provide malt for a number of different distilleries. There are a handful of single malt distilleries, however, that continue the tradition of malting their own grains, spreading the grain out four or five inches deep on malting floors 100 feet long and 50 feet wide. Such a distillery is Laphroaig, distiller of Bi-Rite's Malt of the Month:

Laphroaig: Bi-Rite's Single Malt of the Month.



Smokiness in spades. Spadesful of deep, rich burning peat dominate the flavor of this fabulous single malt. You'll either love it or hate it. Buy the sample bottle this month for \$1.99 and find out for life.

BI-RITE

FILLMORE AT CALIFORNIA



Clinton Chevron's Car Care Tips

Jane Clinton

Vacation time is just around the corner and with gas prices down chances are a lot of you will be vacationing by car, and the key to a happy trip is not how much you take, but what you take. And, of course, the car is an important member of your entourage. It's a good idea to give it a thorough check-up at least a week before departure. Some things to look for are:

CONDITION OF TIRES: Check pressure, tread, alignment, spare and operation of jack. If you have locking hub caps, be sure you have the **KEY**.

COOLING SYSTEM: If water is rusty, now is the time to do a flush and replace the thermostat and hoses. Keep those old hoses in the trunk for emergency repair.

UNDER THE HOOD: Check all fluid levels.

TUNE-UP TIME: Proper carburetion, clean spark plugs and accurate timing will pay off in fuel economy and performance. Take advantage of the **COUPON** below and have an engine analysis which will diagnose charging and starting problems and engine performance problems.

BRAKE INSPECTION: Check for worn pads and shoes which can do extensive and expensive damage to rotors and drums if not replaced.

LIGHTS AND TURN SIGNALS: Check to be sure that all are working properly.

PACK A "CARE" BAG FOR YOUR CAR

--Include jumper cables, jack, lug wrench, screwdrivers, 2 feet of lead pipe (for extra leverage on the lug wrench), spark plugs, points, rotor and condensor, belts and hoses (can be old), fuses and bulbs, tire gauge, flashlight, flares, service manual, extra set of car key, and an empty gas can with spout. If your car is diesel be sure you have a couple of cans of diesel oil.

WASHING AND WAXING will improve air flow, increase gas mileage and make those un-San Francisco bugs easier to remove.

REMEMBER that **EXTRA WEIGHT** means **EXTRA GAS**, so when in doubt leave it out!

HAVE A SAFE TRIP
YOUR FRIENDLY CHEVRON LADY



California at Steiner 567-1136

1/2 PRICE
ENGINE ANALYSIS

VACATION SPECIAL

\$22.50

Bring this coupon into Clinton Chevron Service and get a \$45 engine analysis for just \$22.50. Offer good through June 30, 1986.

Ballad of the Fillmore Street Syndicator Or, Every Dog Gets His Doggerel.

(Stuart Goldsborough composed the following ditty, partially as a cathartic reaction to authoring last month's lead article on the demise of the Donut Shop.)

In the wonderful world of investment real estate
Thrives a syndicator surreal.
Beguiling both the innocent and insensate
With after-tax profits unreal.

He takes their money with alacrity,
Although to smart investors it's known,
He goes about buying property
Without a penny of his own.

He looks for buildings in old neighborhoods
Where apartment dwellers abound,
And stores that provide assorted goods
And where needed services are found.

He falls into real estate wonderland,
Eyes glassy, tongue dry, greed unpent,
Finding a building, of hidden character grand,
And low, low under-market rent.

He wants the building, and it's for sale.
He puts in an offer quite low.
When the owner squawks he spins a tale
Of how negative will be his cash flow.

To him it's a wonderful world, quite unreal
He can make of it what he wishes.
He buys this building of no appeal
And plots to turn it into riches.

Not by renewing it's past perfection
Or with so much as a touch of care,
Nor with a moment of conscious reflection
As to who or what its forbear.

Just as long as it's in a neighborhood
In ever upward transition.
It matters not if it's of rotten wood
Or in a far better condition.

For it's not the structure that matters most
But how high he can raise the rents,
For the higher the rents a landlord can boast
The higher it's value beyond all good sense.

He inherits tenants with short-term leases,
Some on a month-to-month basis.
He threatens them all with rent increases
Unconcerned with their past good graces.

A greasy spoon, a mom-and-pop, oh what joy!
These make perfect tenants he can squeeze,
Not for more rent, although that's his ploy,
But out of the building, with so much ease.

He cares not to what fate his tenants may fall
Nor how long the storefront stays unfilled.
There's not a complaint he won't stonewall
Nor a wall that he will rebuild.

And to his agents he cheerfully commands
To find any tenants who will pay
The above-market rents he now demands
No matter how long the delay.

A storefront he fills with a franchise—
That raises the net income high.
The building's value to aggrandize
Ever higher into the sky.

Now with a Big Mac in residence
And stores selling chocolate and spice
Essential businesses are in subsidence.
For upward transition has its price.

Now the syndicator's ready for drumming
The building at the price he schemed to inflate.
But wait! With the new tax bill coming
There might be nothing to manipulate.

This year Congress may take away his play;
So to the real world he'll have to concede.
To let the numbers fall where they may,
And see his investors reverse their stampede.

He may have to unload the building
At a loss, what a pity.
Along with everything else he's been gilding...
I've got to quit, I'm just getting giddy.

Kyo's Flowers

- Weddings
- Funerals
- All Occasions

An Oriental Touch.

2208 Fillmore Street

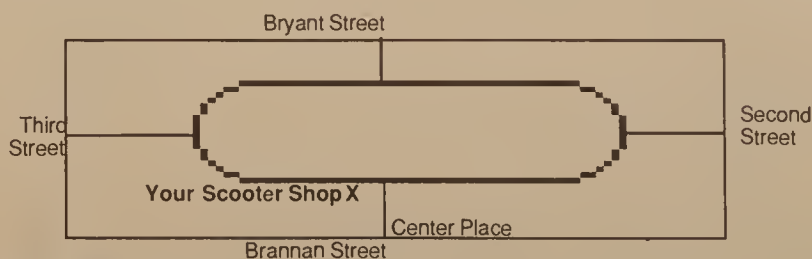
346-0661

YOUR SCOOTER SHOP



- SALES
- SERVICE
- PARTS
- ACCESSORIES

VISIT OTHERS,
VISIT US,
AND COMPARE!



101 South Park, San Francisco
(South of Moscone Center)

543-6452

Parking problem, what parking problem?

Is parking in Upper Fillmore a real problem or a matter of perception?

"It's real all right," says Max Cologna, owner of Bi-Rite Liquors on the corner of Fillmore and California Streets. "I get 10, 15 complaints a week from customers who spend a lot of time looking for places to park just to shop with me. How many more people have the same problem but don't tell me or just go someplace else where it's easier to park, I don't know."

Jan Young, an owner of Pacific Heights Bar & Grill at Fillmore and Pine, agrees that it is a real problem. "If I had more available parking, I'd double my lunchtime business," Young said.

Tyler Kirk of Gilmour's, a Fillmore Street florist, echoes that complaint, saying "Customers won't come in because they know they'll have trouble parking." He also complains that he has to double park in order to load and unload his van for shipping and receiving deliveries. "I can never get next to the curb near enough to the store."

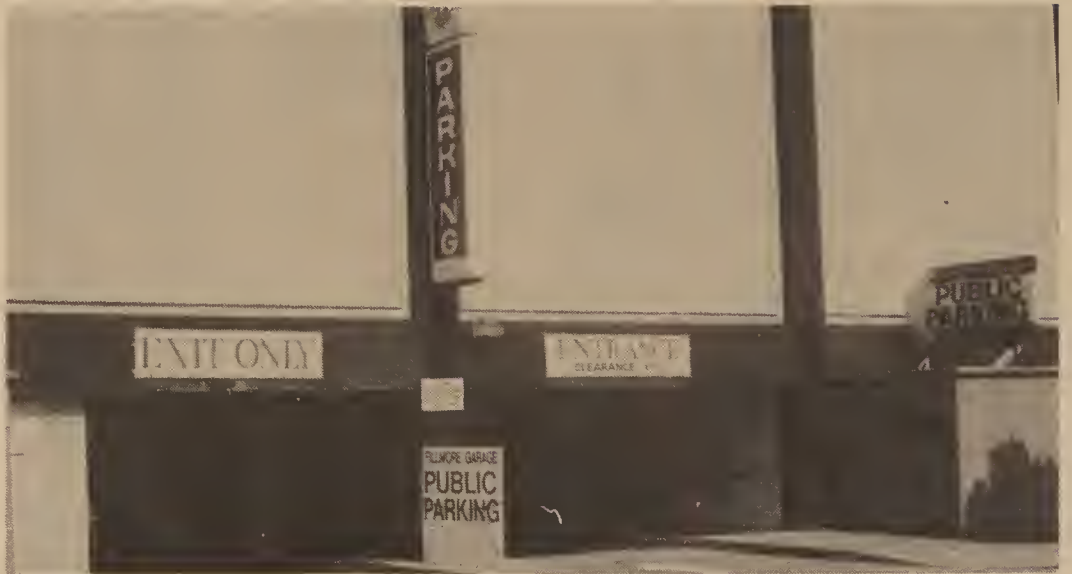
Ironically, some of the largest creators of the parking problem are the merchants themselves who take up parking spaces their own customers could well use, by parking in metered zones near their places of business and, in violation of the city code, feeding the meters all day long.

The leading offenders in this regard appear to be two of the New Fillmore's prestigious and civic-minded lending institutions -- Time Savings and Wells Fargo Bank.

Two examples of this indifference to customer parking difficulties were sighted recently as employees of these institutions were observed blithely feeding meters directly in front of or across the street from their respective branches. One Wells Fargo employee was observed feeding no less than four meters at 12:45 p.m., Wednesday, May 28, and again one hour later. Two separate employees of Times Saving were seen in the same time period also feeding meters.

Not that these two savings institutions have not been made aware of the difficulty this creates. In fact, a minor rhubarb erupted at a merchants meeting two months ago over this infraction of the law by both these institutions. However, when questioned about the bank's policy regarding employee parking, Baylor Lewis, Manager of the Wells Fargo Bank, stated there was no policy and as far as he was concerned his employees "can park where they please." He further stated he was unaware of the merchants' complaints about his employees' parking habits as he hadn't been to a Merchant Association meeting for six months.

The local Fillmore Street Branch Manager of Time Savings and Loan Association, Christa Mauch, says she was at that merchants' meeting, but knew of no company policy concerning the parking of employee vehicles. She referred all inquiries to the president of the



The city-owned Fillmore Street garage at Fillmore and Post Street represents a real solution to the area's daytime parking problem. If merchants and their employees used the 25-cent-an hour garage to park their own cars rather than take up much needed customer parking by feeding meters all day long for their own cars in parking spaces near their premises, they would definitely ease the parking crunch for their customers.

institution, Rodolfo B. David, who, apparently not feeling accountable for policy decisions, referred the matter to the personnel department. Suspecting we would be referred back to the branch manager, we declined to pursue the subject any further.

So while employees of Wells Fargo and Time Savings are committing traffic violations by illegally, repeatedly feeding meters to park their cars immediately adjacent to their premises, they are also forcing their customers to break the law with illegal double and red zone parking by robbing them of the spaces they need to park themselves legally.

One solution for the less lazily inclined merchants and employees who live out of the area is to park their cars at the city garage at Fillmore and Post Street, which charges less by the hour than the street meters, and take a short but healthy hike to work.

This solution has been suggested at merchants' meetings, but has apparently not been acted on to any great extent.

But, is it primarily a daytime problem or is it just as aggravated in the evening after most of the stores, other than a few places like restaurants, liquor stores, ice cream parlors and the all-night donut shop, close for the day?

"Both," says Cologna, the liquor store owner.

Again, Young agrees. He sees the lack of available parking as equally limited for his dinnertime volume as it is at noon but solves the nighttime problem by providing valet parking service.

Speaking only of nighttime parking because his restaurant is not open during the day, Ron Robbins, manager of the Elite, a restaurant on Fillmore Street says, "It's not that bad -- yet," and adds, "Hey, I'm from New York, eh? Now, there you got parking problems. Even at our other restaurant in North Beach there's a problem. But here? It's a little inconvenient is all. And in California if

someone is inconvenienced, it's like driving a stake through their hand."

But Robbins admits to a policy of the restaurant born of his customer's parking problems. "When a foursome drives up to the entrance and the driver lets three off while he goes searching for a parking space, the hostess is instructed not to seat the three until the driver returns. Why? This avoids tying up a table by customers who won't order until the fourth member of the party joins them," Robbins explains.

Two obvious solutions to nighttime restaurant parking is suggested by a report, Neighborhood Parking Plan, 1986-1990, just issued in April of this year by the San Francisco Department of City Planning which recommends that restaurant managements either initiate a validated parking program with the operators of the Pacific Medical Center garage at Clay and Webster during evening and nighttime hours or establish evening and nighttime private valet parking at Grand Central Market on California. The garage manager at Pacific Medical Center Garage, Don Correra, says he has 30 spaces available for public parking at night and would welcome a discussion of the possibility of a validation program with some of the restaurants. But he claims he has not been approached by anybody on the subject.

As for valet parking at night in the Grand Central Market parking lot, which is locked after 7p.m., that seems less likely. While the owner declined to comment, usually, arrangements of this sort involve increased insurance premiums and added costs for security and clean up, which make such propositions unattractive to owners who are not already in the parking business on a full time professional basis like the Medical Center garage.

Robbins' statement that parking could be worse in Upper Fillmore, day or night, is supported by The Neighborhood Parking Plan which says that on Fridays and Saturdays, the peak-demand periods for parking, only 169 and 175,

**Merrill Lynch is Bullish
on the New Fillmore...
and much more!**



Call Richard MacDonald

**Financial Consultant
Assistant Vice President**



**Merrill Lynch
One Bush Street
445-7314**



Crime Watch

**by Officer
B. Vigil
(Northern
Station.)**

Between April 27th and May 22nd 159 crimes were reported between Geary and Vallejo, Steiner and Van Ness. There were two rapes, two robberies, eight assaults, fourteen burglaries (ten of which occurred between the hours of 2:00 pm and 8:00 pm), sixty thefts (eight involving autos), and seventy-three miscellaneous crimes. (No homicides were reported and details of the two rapes were unavailable at press time.) Robberies were down from seven, and burglaries were down from twenty last month.

From the section of our neighborhood covered by Park station (Geary to Broadway and Steiner to Presidio) Officer Mike Gannon of Park Station reports a robbery, 5 assaults, 5 burglaries and 19 thefts including four auto thefts. Officer Gannon reports that of the 15 thefts that were not stealing of automobiles a very large percentage of those were stealing from automobiles.

Some of the more serious crimes in our neighborhood in May included the following:

May 11, 4:25 am, Sacramento Street between Octavia and Gough. A white male age 39 was approached by three suspects after parking his vehicle in his garage. He attempted to run, but the suspects caught him in the elevator of the building, pushed him to the ground and successfully demanded money. The victim was left in the back seat of his vehicle. One suspect was described as a black male, 6'0,

150 lbs., wearing a red hooded pullover sweatshirt and a blue and red handkerchief across his face and carrying a stainless steel semi-automatic revolver. No description of the other suspects was available. Loss: \$175. No injuries.

May 12, 11:05 pm, Peace Plaza, Japantown. A black male age 30 and a black female age 18 entered the Kabuki Hibachi Restaurant and were seated to have dinner. They then left and returned moments later entering the bar area. The male suspect announced a robbery, and when one person (an Asian male age 56) started to move the suspect shot him, grazing his head. The suspects then fled from the restaurant. Injuries: victim treated for gunshot wound to head and then released. May 19, 7:30 pm, Sutter Street between Gough and Franklin. A black male suspect, age 20, 6'2, 140 lbs., wearing a black and white jogging suit, approached a white female age 43 in the Cala Foods parking lot. He grabbed her purse and fled south through the parking lot. Loss: purse, credit cards and \$1.00 in currency.

SAFETY TIPS ON THE STREET:

When carrying a purse, one should have only a small amount of currency (one to three dollars) inside the purse. Other valuables, such as additional currency, keys, jewelry, credit cards, check books and identification, should be carried on the person to reduce the possibility of large losses. If you carry a purse, don't wrap the strap around your shoulder, neck or wrist--if your purse is grabbed with the strap wrapped, you are likely to be thrown off balance and receive some sort of injury. Finally, never carry anything more valuable than you can afford to lose.

When returning home and parking your car in your garage, if you happen to see someone who appears suspicious or makes you feel uncomfortable, don't enter, back up and go elsewhere and call the police department.



Debra

**"You're not just
our customers,
you're our
friends."**

**Do your one-stop
shopping the friendly,
neighborhood way with
independent merchants.**

- Grand Central Market
- Grand Central Poultry
- Petrini's Meats
- Viglizzo Family Deli

2435 California Street

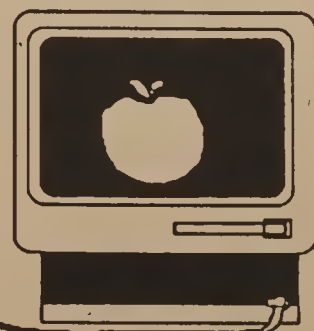
**JOIN THE REVOLUTION
IN DESKTOP PUBLISHING.**

**EVEN IF YOU DON'T
HAVE A DESK.**

**Macintosh
and Apple Laserwriter
Rental by the hour**

**THE
CARBON
ALTERNATIVE**

**2404 California
567-5888**



An accustomed fashioner of style to individual taste

We all know that woman - young or old - maybe even ourselves...who went shopping, spent \$100, \$200, \$500 on new clothes, and within a week despised all of it. Ok, so it wasn't quite a case of despising, but all the clothes went back except the basic linen blouse that gets worn twice a week, every week. Why did the blouse work? What went wrong with all the other choices? Anyone can succumb to the Fashion Victim Phenomena once or twice, but a repeater syndrome signals a default in one of three areas: how a woman views her public image, the amount of time she has available for wardrobe research, and the sharpness of her eye - necessary to edit out mistakes.

"Creating a flexible wardrobe requires a lot of time and thought put into the beginning of the process," says Fillmore fashion consultant and resident Liz Wilson, who has developed over 200 clients in the seven years she's been in business. "So when the wearing time comes, all a woman's decisions are easy. I don't care if a woman's closet is almost empty -- as long as she has some high quality basics and accessories, and what she does have makes her feel wonderful."

After modeling through her twenties in San Francisco, Los Angeles and New York, Liz had her fill of haute couture, high fashion and even higher heels. She is the personification of her main point, that "comfort can be a main choice without ever sacrificing chicness."

The impetus varies, but the final outcome for Liz and her client is always one of custom - care. "The emphasis must be on the individual's sense of her own style. I've had people ask me how I can help someone whose taste differs from my own, or don't I want to dress them from my own point of view. That's reminiscent of interior design in the '50's --- when the designers left, you were too uncomfortable to sit down in your own home. I'm more of a miner who helps a woman unearth her own sense of style."

Whether it's one important outfit for a career-jump interview, a craftily condensed travel wardrobe, or a completely revamped closet from hats to hose - Liz's procedure is essentially the same.

Number one - women call her, mostly through referrals, when they feel they don't have the time, the eye for what's their best choice, or just can't find what they want in the stores. Liz becomes their answer.

Number two -- client and consultant confer, and set up a private appointment. Liz has questions ready that lead a client toward deciding what her needs are, and what kind of time she has.

Number three - personal research. "It takes two hours of soul-searching. Believe it or not, your wardrobe is something of a psychological portrait of who you are and what you want to portray."

Number four - setting up a budget. "It doesn't matter what it is," Liz stresses, "It's just most important that we know how much, and can move on from there."

Number five -- individuality. "Unless it is really, exceptionally you, I do my best to steer a woman away from 'five little suits,' and 'five little basics.' Powerful career clothes do not have to be conforming."

Number six - quality "My experience is, if you buy quality, and it shows, your look qualifies you a little ahead of your promotion and



—photo Gary Sugiyama

Liz Wilson, Fillmore resident and fashion consultant for the last seven years, has developed a clientele of over 200 women, mostly career people, who "have great taste, and no time, or no time to develop a taste that reflects their own style."

you'll get there faster. People move on visuals, and visually you're projecting the kind of standard that leads to that."

Number seven - gathering resources. Liz represents local designers and that means personal service, plus sometimes a lower price tag. At Gibson Palermo, clients can find exquisite cocktail dresses and dinner suits plus upper echelon dresses and business wear. "They carry the same price tag as their lines in I. Magnin, or Neiman Marcus, but receive the added benefit of special attention, custom fit and tailoring," Liz says.

Another fashion resource Liz works with, designer Melanie Martin, was recently hailed by Vogue for her new approach to fashion retailing. The Martin studio is unique because local designers are housed with her creations under one roof. Together, a total look of clothes, belts, sweaters, handbags and necklaces can be coordinated.

Liz has also added Brian Federow of Fillmore Street to her list of resources. His method of creation involves buying a few bolts of fabric in different designs, making his original points of view ever-changing for his clients. Liz



—photo Gary Sugiyama

"Accessories add everything to stylish dressing," Liz says. "They give your wardrobe important extra mileage. The right boots, belt, or purse can make basics look completely different."
(Accessories courtesy of Jimelle.)

coordinated a May 15 open-house to show off all his latest linen for Spring/Summer 1986.

Her other offerings include luxurious hand knit sweaters from Julie Baker, one-of-a-kind, art-to-wear jewelry direct from Navarro Alternatives, plus Liz maintains an extension network of referral systems - professionals who design shoes, bags, jewelry - even day/night-time make-up by artists for an all-around approach to contemporary fashion.

Liz knows through her own extensive research just how much is out there in terms of fashion and its marketing. "I am in the stores all the time. What a client buys, in essence, is a sense of knowledge about what's out there; together you learn to use that as it applies to you."

"My biggest pleasure is to see a woman who really did not know a thing about fashion, period, getting really excited as she creates a step-by-step presentation of herself, for herself. It becomes pretty dynamic!"

The nature of this style of work demands a commitment to one-on-one interchange. For Liz, consulting grew from her modeling days and an awareness of her own fashion sense. When she resettled in San Francisco, a combination of things honed her present skills. As fashion consultant for Barbizon, she schooled young models about to enter the job market on keeping their image together. At the same time, Liz organized New York fashion-buying tours through many of her New York City contacts.

Many women manage individual style without a second thought, knowing innately what's right for them. As for the rest of us, a fashion consultant like Liz can be a one-time organizer or a yearly luxury in which we indulge.

-- Kathi Wheeler

Kathi Wheeler is an editorial and fashion writer who writes "Fillmore After A Fashion" for us every month. Gary Sugiyama, who took the pictures, is a photographer who lives in the neighborhood.



Looking Good

By Elana Laub

All my life I've suffered from wimpy nails. They break and split and never seem to be the same length. If you are in the beauty business, as I am, you have to have good-looking nails. I've tried almost every nail product that's come on the market--and many of them work. Some require more time than others; one required so much time and smelled so strong that my boyfriend gave me an ultimatum--give up doing my nails or give him up. So, I went to a nail salon and had acrylics put on my nails. They were beautiful--long and strong, and

my polish never chipped--but I had to go back to the salon every two weeks. Because I travel frequently, I found that I just couldn't make the appointments.

However, I've found a new and easy way to do my nails, and I'm going to pass on some simple tips to you to make your nails look gorgeous. (By the way, I've also found a new boyfriend who doesn't mind the time I spend on my nails; in fact, he even helps me with my toenails.) The best nail product I know of also happens to be the newest on the market. It's a professional nail strengthener and conditioner called "Develop 10" that can be purchased from your manicurist. "Develop 10" is a clear product that never yellows. It can be used with any nail polish and will work wonderfully with a "French Manicure." (I'll talk more about that later.) Use it as a base coat and top coat; you can apply it before you go to bed at night. Once a week, remove it and soak your nails in soapy water for five minutes to allow the nails to accept moisture. Then rub some oil or nail cream on while you're filing, for about five minutes. Then wash it off and reapply "Develop 10." It's very important to add moisture to the nail as well as protein strengtheners. The nail needs both.

Great Lips in Literature, #3

"She suddenly leapt up, threw her arms round my neck and a moist passionate kiss sounded on my lips. It went black before my eyes, my head swam, and I embraced her with all the force of youthful passion."

Mikhail Yur'evich Lermontov
A Hero of Our Time — 1839

**Make your mouth desirable.
Come to Beauty Store.**

\$100 OFF

Bain de Soleil & Alo
Suntanning Products
Limit 2, with coupon

COUPON VALUE 1/20¢
EXPIRES 6/30/86

\$100 OFF

8 oz Shampoos:
Nexus, Mastey, KMS
& Sebastian
Limit 2, with coupon

COUPON VALUE 1/20¢
EXPIRES 6/30/86

20% OFF

all Hair Ornaments, Jewelry
& Sunglasses, with coupon
Sale items not included.

COUPON VALUE 1/20¢
EXPIRES 6/30/86

FREE Travel Size

with purchase of any Full Size
Kneipp's Botanics Bath
or Vitabath Gelee, with coupon

COUPON VALUE 1/20¢
EXPIRES 6/30/86

NO STAMPING OF DISCOUNT CARDS ON COUPON ITEMS

BEAUTY STORE

BEAUTY STORE
FILLMORE
(by Sacramento)
346-2511

BEAUTY STORE
EMBARCADERO
(Four Embarcadero, Street Level)
982-5599

BEAUTY STORE
MARINA
(Chestnut by Divisadero)
922-2526

BEAUTY STORE
UPPER MARKET
(Market at Noe)
861-2019

WESTLUND'S HAIR STUDIO

CUTS

COLORS

PERMS

10% off with this ad

12-6 Monday, 10-6 Tues.-Sat
2291 Pine at Fillmore

567-HAIR

IVORY



IVORY = HAIRCUTS + COLORINGS (415) 922.08.08
2843 CALIFORNIA ST. SAN FRANCISCO. CA 94115

* EUROPEAN MANICURES

- _ PEDICURES _ LINEN WRAPS
- _ JULIETTE WRAPS _ SILK WRAPS
- _ TIPS

* AND JUNE 14TH INTRODUCING ACCESSORIES FROM PARIS

- _ EARRINGS _ BELTS
- _ NECKLACES _ BRACELETS

ONE STOP BODY SHOP

FOR WOMEN AND MEN

Deluxe personal care services

Finger Fetish
Rhonda Prudente
(415)-FINGERS

CHEVEUX

Creative Hair Design
Joanna Walner 923-9002



DALI EUROPEAN SKIN
AND BODY CARE

922-FACE

2358 PINE STREET

(BETWEEN FILLMORE AND STEINER)
Call for appt. our place or yours

recommend a product called "Delore," but any good nail cream or oil will do.

A liquid wrap is another way to help weak nails. This is a colorless polish with nylon or silk fibers in it. Brush it on in two directions and it works like lacework to reinforce the nail from the outside.

I've always wanted natural nails with pretty white tips, but that's another thing I wasn't blessed with. However, I'm not one who accepts what nature dishes out, and I now have lovely white-tipped nails. A miracle? No. "Fingerpaints" makes a nail color called "Oh So White" that is a natural-looking translucent white. Brush it over your nail tip--try to do it in two strokes--let it dry, go over the nail with "Oh So Natural" and, Voila!, you have a "French Manicure."

If you have cuticle problems, I have an easy solution for you. It's called "Hindostone"--an exotic name for a simple, slim pumice stick. It removes the excess cuticle without injury to the remainder of the cuticle. You'll find it much quicker and less harmful than a metal pusher. Dip the tapered tip of the "Hindostone" into a little liquid cuticle remover and, using an erasing motion, rub it around the cuticle. It can also be used for toenails, and works particularly well after a bath. Rub the "Hindostone" over the entire toenail and it will bring down all the little bumps, leaving you with very smooth toenails.

If you want plain nails that are smooth with just a little shine, and you don't want to spend more than five minutes on them, try using a "Three-Way Buffer." This works for both men and women. The "Three-Way Buffer" is an amazing stick about the size of an emery board with three different materials on it. The first one smooths down the ridges and the other two buff and bring up the shine. This takes no more than 15 seconds work on each nail and will last about a week. Try doing it for the man in your life, or teach him how, and you'll have him eating right out of your pretty little hands!

If you have any questions on nail care, come by any Beauty Store location (Fillmore Street and three others) and our experts will point you in the right direction! All of the products mentioned in "Looking Good" are available at Beauty Store.

"Looking Good" appears monthly in The New Fillmore. Elana Laub is co-owner and vice-president of Beauty Store.

Share Your
Beautiful
Experience
With Others!

Advertise Your
Parlor, Salon,
Studio or other
place of Beauty in
the New Fillmore's
New Beauty
Section!

Act now, while
supplies last!

Call 931-0515.



THE STAFF AT KOZO
IS PROUD TO ANNOUNCE
THE BIRTH
OF ITS NEW OFF-SPRING---

MIO

LOCATED AT 2035 FILLMORE.
STEP OUT ON FILLMORE
AND DISCOVER OUR
NEW AND **SPACIOUS** STORE
FEATURING A VAST ARRAY OF
CONTEMPORARY READY-TO-WEAR
AND
ACCESSORY COLLECTIONS.

KOZO

(THE PARENT STORE)
WILL CONTINUE TO FEATURE
ORIGINAL
KOZO COUTURE DESIGNS
IN ADDITION TO
EVENING WEAR
AND ART-TO-WEAR
COLLECTIONS.



Photo by Cheryl Meader



The
Romantic
Splendor
of the
Past

the best of everything

2502 clay (off fillmore) san francisco 94115, (415) 563-BEST



WOMENS
CLOTHING
&
LINGERIE

2323 Fillmore Street
San Francisco 94115
(415) 931 - 3232



THE COMPANY STORE

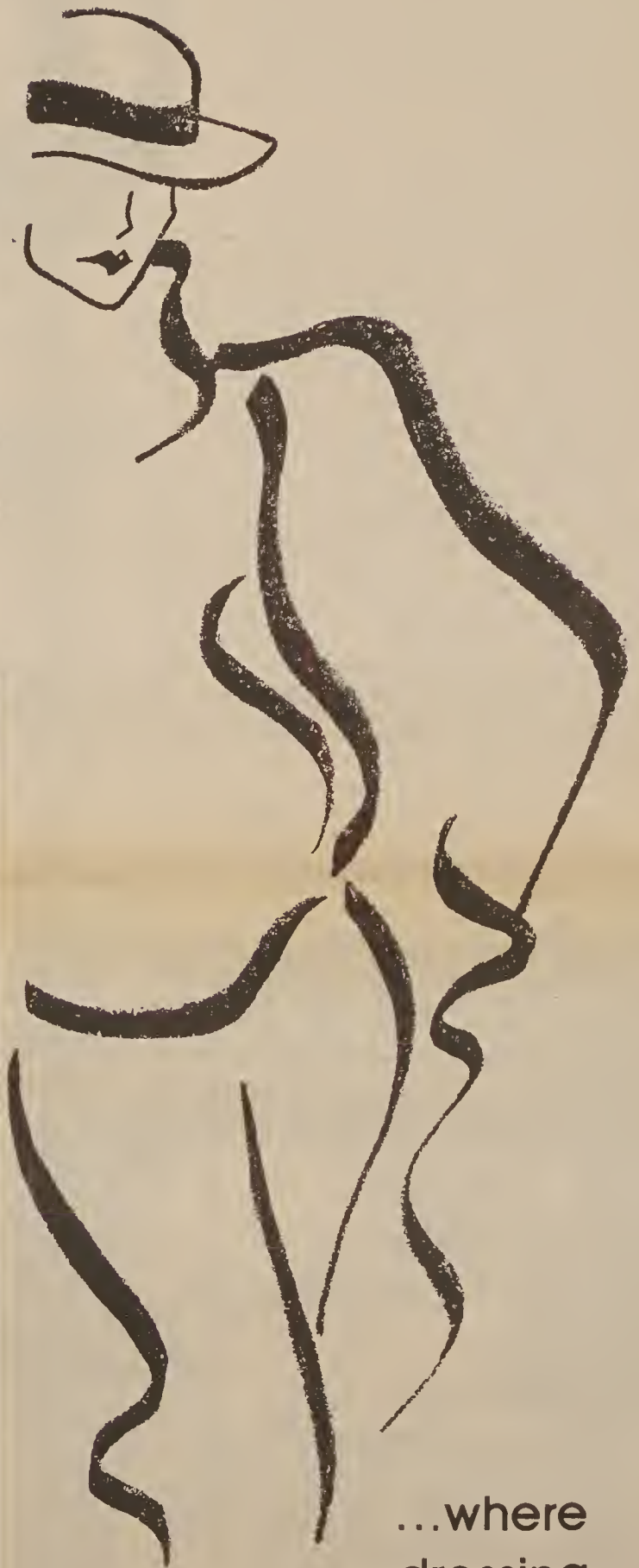


Catering to the
larger woman,
(sizes 14-24)
has moved
to a
larger
location

Lady-Like

1913 Fillmore Street
(At Bush)
San Francisco
921-0365

JIMELLE



...where
dressing
is an
attitude.

JIM-ELLE • 2237 Fillmore Street
San Francisco • 567-9500



The New Fillmore -- After a Fashion

by Kathi Wheeler

STYLE. Yours to have and to hold...wedded to fashion but originating from a personal confidence that you "wear what you want." Clothes are: 1) protection from the elements, 2) creature comforts, 3) uniforms of necessity, 4) attention getters, 5) creative outlets, 6) personality maps, 7) fantasy masks, 8) correct answer - all of the above.

Fashion dictates a set of rules. "Thou shalt all wear stirrup pants in 1986." "Re-gilt yourself for Autumn - gold and silver lame` are new, new, new." Of course, Fall 1981 was fashion's gilded age also, so "new, new, new" means "recycled every five years."

Style stresses getting beyond fashion. If fashion is an Attitude, then style goes one step further - grabs the letter "L" and creates Latitude. Make your own rules:

1) Never throw out a trend you like (it'll be back en force (en farce) in 3-6 years.

2) Choose quality (buy less if you must) but spend more -- for fabric, construction, the spare geometry of something well-cut.

3) Don't limit your options (great basics do come from department stores - especially as they begin to carry separate boutique-style lines, but antique auctions, importers, flea markets and used clothing stores turn up individual attention -- getting jewelry, lingerie, 40's suits. Even linen shops yield lace dresser scarves you turn into sexy hip wraps adorned with a broach.

4) Be original San Francisco designers get stronger every year - translating European designs as their own visions into unique clothing for you.

Veena, spunky local designer with an eye for asymmetrical playful big shirts that work now and as transitional pieces into the Fall. She puts the length in front and cuts the back high, playing off traditional collar shapes by enlarging one side to fall longer than the other. At **Zoe**, you'll find some of her innovations, plus a mix of challenging knits and unexpected gems (many in natural fabrics.)

June Tunes: Summer gets started and overtly playful, audacious style can really kick in. How? Accessories can knock-out even the most basic gear, and it's fun. Either odd or antiquities, they can be found in mass quantities up and down the Fillmore, especially in the second-hand shops. Try *your* hand at collecting from **Goodwill**, the Junior League's **Next to New Shop**, and the San Francisco Symphony's **Repeat Performance**. We're talking trawling, a sauntering stroll that takes you past the jewelry cases, in-between the racks of ties and trousers and miscellaneous scarves. Even ten minutes once a week makes a walk through at these kind of shops worthwhile. And be creative. My summer salvation is oversized men's cotton shirt-tailed shirts. Bring them home, cut the arms off starting at the collar, and angling out to the lower side of the armhole, sew edges under. As an alternate to those sleeveless Barbara Eden-style turtlenecks, they give you room, with a view towards retro, and have comfort, cash-flow and creativity to their credit.

Kathi Wheeler is an editorial and fashion writer.

F I N A L L Y

A Clothing Store
Designed Just For You.



ZOE

2400 Fillmore Street
San Francisco, CA 94115
415.929.0441

Design: Keilani Tom Design

Parking

(Continued from page 5)

respectively, of the 177 meters available in Upper Fillmore's commercial district are used. So, what's the problem? No doubt the parking situation on Upper Fillmore commercial streets can be improved. But of the ten commercial districts having the most critical and immediate need for relief from parking-demand pressures Upper Fillmore is number six, according to the 5-year Plan which assessed the Commercial district as having a net shortage of 30 parking spaces, considering the total number of both on- and off-street spaces. If that's bad, consider 158 spaces needed by Inner Clement, 4th to 7th Avenues between Geary and California.

It 's true. Driving on Fillmore Street is a country walk compared to trying to pick one's way through the traffic, let alone park, on Clement Street, touristy Union Street or in North Beach. How about Chinatown? Yet looking at Fillmore Street one gets the impression that there are too few places to park. Not true.

A great deal of the problem is just what Robbins says: too many people drive short distances from their homes thinking they can park right in front of the place that they wish to patronize. That seldom is possible. Why? Because everyone else wanting to visit that place has the same idea, including the employees, in many cases.

Nevertheless, the plan proposes other specific measures to increase actual numbers of parking spaces both on-and off-

street in Upper Fillmore: to revoke a red zone, reclaim a "dead" driveway curb cut, install two meters on the north side of California between Fillmore and Steiner and install meters along the entire north side of Pine Street between Fillmore and Steiner. And finally, identify potential parcels of land for development of a Parking Authority facility.

Other parking is available --if not in the area, not far. Just two blocks removed from the southern boundary of the Upper Fillmore commercial district is the 160-stall Fillmore Garage at Post Street which is only 60 percent filled most of the time. And the price is right, no more than the hourly street-meter rate. "If it weren't for employees at nearby hospitals parking on a monthly-rate, we'd be losing money," said Richard Hashimoto, Manager. The garage closes at 7 p.m. due to lack of demand. These spaces will be increased to 200 by restriping them to conform to today's smaller car size.

Across Webster from this garage is the main Japantown garage. It has 715 stalls and it too is 40 percent under utilized. That people don't use them is both an educational and convenience problem. The new eight-screen theatre that is being built on the old Kabuki theatre site, however, will absorb some, although certainly not all of this currently under-used space.

Just two blocks west, at 2000 Post, a 304-apartment complex is being constructed with 320 parking stalls on three levels. Of these, 212 stalls will be available for public parking for a full year, from (continued on page 18)

TRIO C A F E

1870 Fillmore Street
(in the Amelia)
Tuesday - Saturday 8:00 am - 6:00pm
Sunday 10:00 am - 6:00 pm
Closed Mondays
•espresso •cappucino •cafe au lait
Light meals all day

San Francisco Boot & Shoe Service Would like to thank our Customers for Doing Business with us!

2448 Fillmore 567-6176



SPECTRUM
exotic birds
2011 fillmore street 922-7113

Color Scheme

- Over 40,000 Wallpaper Patterns to Choose from
- Full line of Correlated Fabrics
- L&H Paints
- Painting and Wallpaper Hanging Sundries

2047 Fillmore Street at California
346-0700

VAN NESS OLDSMOBILE 1700 Van Ness Avenue San Francisco



Mr. Goodwrench

Please Call (415) 673-9100 For Service Appointment

TUNE-UP SPECIAL

Expires December 31, 1985

- Install new plugs
 - Check and adjust timing
 - Adjust carburetor idle speed
 - Check fuel mixture
 - Check PCV
 - Check air filter
 - Clean choke linkage
- Regular \$72.00
\$60.00
plus parts
Save \$12.00
WITH THIS COUPON
Present coupon at time of write-up Expires June 30, 1986

LUBE, OIL & FILTER SPECIAL

Regular \$35.95

- Lubricate chassis
 - Change engine oil (5 quarts)
 - Replace oil filter
 - Check all fluid levels
- \$23.50**
Diesel engines extra
Save \$12.45
WITH THIS COUPON
Present coupon at time of write up Expires June 30, 1986

AUTOMATIC TRANSMISSION SPECIAL

Regular \$66.00

- Remove pan and clean
 - Change fluid
 - Adjust linkage bands
 - Clean pan and valve body
 - Replace pan gasket
- \$54.00**
plus parts
Save \$12.00
WITH THIS COUPON
Present coupon at time of write-up Expires June 30, 1986

COOLANT SPECIAL

The No. 1 cause of breakdown on the road is your vehicle's cooling system --

- Drain, flush and refill cooling system
 - Pressure test system for leaks
 - Inspect water pump and all hoses
 - Clean bugs from radiator core
 - Check all belts
- Regular \$78.00
\$60.00
plus anti-freeze
Save \$18.00
WITH THIS COUPON
Expires June 30, 1986

SMOG INSPECTION

We will put your vehicle through the state-required smog inspection with the use of our modern computerized equipment.



\$29.95

WITH THIS COUPON
Add \$6 for certificate if car passes
Expires June 30, 1986

FREE BRAKE CHECK

When you take advantage of any of these Service Specials!

Present coupon when service order is written

**COMPLETE BRAKE CHECK
FREE**
Expires June 30, 1986

Of love, birds, and the principles of flight.

A short story by Diane Wolff

My boyfriend Jack and I decided to split up after four years. We came to the conclusion that we really weren't suited to one another and that it would be better to admit it and move on. The break-up wasn't quite as adult as I'm explaining it, and not without its drama, guilt, and tears. We vowed we would always be friends. Two days later, Igor, my lovebird, who was a Valentine gift from Jack, flew out of the living room window.

I am lucky that Jack, who may have been St. Francis in a previous incarnation so great is his love for creatures, practiced whistle conversations with Igor, and that I, anxious to build my relationship with my dog-substitute, did the same.

Jack said, "Whistle at him, but don't whistle again until he whistles back. A one-note whistle, a two-note whistle, but make him get it right or don't answer him."

I did, and Igor did, which most certainly saved his life. At this moment, as I write my first draft, Igor is performing acrobatics on my automatic pencil, and when I type the second draft, unless I confine him to his cage, he will sit on my wrist trying to figure out how to sabotage a machine which weighs a thousand times more than he does.

Igor is a handsome bird with a peachbloom face, yellow head, bright green wings, and his most beautiful feature, a turquoise tail. Most lovebirds are an adorably dopey, sleepy-looking lot with large black eyes and hooked beaks who give off an air of dapper vacant timidity. But not Igor. From the beginning, Igor had a rat-a-tat-tat Jimmy Cagney personality: feisty, cocksure and fearless. The first time Igor ever stayed over at Jack's house was when we went on our annual vacation. We always take vicious Gloria, Jack's two-year-old parrot. Every pet knows when he is being left behind by a kind of pet radar. When Igor saw Gloria's cage at the door with the suitcases while his cage remained on the shelf in the kitchen aviary, he knew vicious Gloria was going and he was not. He walked right over to Gloria and bit her on the drumstick. Truly casting caution to the winds. Gloria has murderous tendencies.

"I thought of returning Igor to his father. I had had a jolt of the sort a woman must feel when she looks at the offspring of the man she divorces."

Lovebirds have nerve-grating voices. Their piercing whistle vibrates the human eardrum most painfully. Friendly as Igor is, when he lights on someone's shoulder and pipes a note of welcome, the person invariably asks me to put Igor back in his cage, to put him anywhere where he can't make human skulls resonate uncomfortably. Aside from this one flaw, lovebirds are excellent urban convenience pets. They are easy to care for. They do not require litter boxes or pooper scoopers and do not have to be walked twice a day.

Jamie, one of the owners of the exotic bird store on Fillmore Street, was irritated that we hadn't bought the bird from him, but it couldn't be helped. A year ago, all the

lovebirds in Jamie's store were not hand-tamed. They were ornamental, perhaps wisely so, and came in loveable pairs.

"You don't want a pair," said Jack, steering me away from the bank of cages where I was trying to decide which color combination I liked best. "If you want the bird to be your friend, you get one. Otherwise they will pay attention to each other and ignore you."

As we explained to Jamie on a seed purchasing expedition, Jack had bought a number of other birds at his store, vicious Gloria, the parrot, among them. We bought Loretta, the baby cockatoo, a lover but, unfortunately, a screamer who had to be sold because she was teaching vicious Gloria to scream. Loretta couldn't be blamed. She was only a baby, but the screaming caused an uproar among the canaries, the cockatiel, and the parakeets. Bernie, the cockatiel, had been Jack's only pet while Jack was studying for the bar exam. Once Jack babysat a bird for a friend and Bernie fell in love with the bird, so Jack bought Bernie a parakeet of his own, Darleen. A year later, Jack bought vicious Gloria from Jamie. A year after that, Jack decided to buy a canary to teach vicious Gloria to sing. That was Chuck. The witless young woman who sold us the canary accidentally clubbed the unsuspecting brilliant orange-red creature. One moment Chuck was trilling the most gorgeous song any bird has ever sung and the next, the saleswoman, in trying to net him, smashed him against the aviary wall and broke his leg. Jamie said that's what we got for buying birds in Sonoma County and not from him. If Jack hadn't nursed Chuck back to health, he would have died.

Chuck regained full use of the broken leg, but has never sung another note. One can hardly blame him. So Jack bought yet another canary, Al, to teach vicious Gloria to sing.

None of this has done a bit of good. Gloria sings what she wants to sing. She sings "Over the Rainbow," "Hello Dolly," "Fascination," and sometimes she sings Schubert's "Ave Maria," which she learned from an endless tape loop Jack set up on a rheostat to play for two hours every afternoon.

Darleen, the original parakeet bought for Bernie, soon took to Gloria and was inseparable from her. Bernie was lonely, so Jack bought another parakeet, Martha, to console Bernie for the loss of faithless Darleen. Waking up at Jack's house had begun to sound like the Amazon rain forest compressed into four Victorian rooms.

By comparison, my house was empty of life. Then Jack gave me Igor as a Valentine's present. Igor did not fly out the living room window because he was abused. He was not abused. Just the opposite. He is extremely spoiled. His cage is perfectly appointed. It is stainless steel, domed, roomy, with wooden bars and a swing. Not a small swing, a trapeze. His cage has matching seed and water dishes, four, not the usual two, and sits in a sunny Pacific Heights kitchen. Two out of four dishes are always filled to the top with lovebird mix and sprinkled with Super-Preen, the bird vitamin which guarantees luxurious plumage. He has toys and treats, all bought from Jamie on Fillmore Street, not in Sonoma and not in the Financial District. Everything came from the exotic bird store on Fillmore Street except Igor himself and the plastic holy card of Our Mother of Perpetual Help anchored between horizontal bars.

No, Igor was angry that February morning when he flew out the window. He was to his routine. He liked to sit in the fiddle-leaf fig trees, and he had a mirror act that went on for about twenty minutes. I hadn't let him out of his cage in two days because I was so sad,

depressed and listless. I admit I thought of returning Igor to his father. I had had a jolt of the sort a woman must feel when she looks at the offspring of the man she divorces. I wondered, as I lay staring at the ceiling in my bedroom, what would be better for Igor. I asked him if he would like to go live with the other birds, but he just looked at me and he wasn't chirping. A couple of times I forgot to cover him up at night. I guess he'd had it. The morning of the following day, I opened his cage and went to take a shower, to get ready for a day at work, and thought it odd that he didn't come to join me.

"I had found him preaching a sermon to a group of pigeons and doves who had gathered on the ground below him."

He is allowed to shower with me in spring and summer when it is warm enough for him to fluff dry in the sun. In winter, he bathes less and I blow him dry with my hair dryer which he submits to, even likes. (Vicious Gloria goes into hysterics if you point a hair dryer at her.)

I dried off and went into the kitchen. His cage was empty and the house was silent, too silent. Then I remembered. The previous day I had opened the living room window six inches to air out the place and had forgotten and left it open. Igor had tried once—I heard a bang when I was in the shower, but thought he had knocked something down in the kitchen. No. He had seen his opportunity and escaped. I opened the window and leaned out. The only other time he had gotten out, he hadn't gone far, just to a tree within sight. I had found him preaching a sermon to a group of pigeons and doves who had gathered on the ground below him. This time, he wasn't anywhere to be seen. I whistled. No answer. I whistled again, and again there was no answer, and then. . . he responded. The whistle came from far away, to the left, in the land of the neighbors' back yards.

I got dressed in old jeans, tennis shoes, and a bright red sweater, and called into the store where I work on Fillmore Street, to tell Linzey I'd be late. Then I went downstairs and out the back door. Our back yard is covered with dirt and the back yard next door is covered with ivy. I kept whistling, hoping Igor would keep responding, and he did. It was a damp, cold, misty morning, and the one important fact about bird biology is that if they catch cold, they die within hours. Sometimes when you can get some tetracycline into the bird in bird-size doses, it has a chance of surviving, but its iffy. If Igor remained out here, he was a dead lovebird, but at the moment there was hope. He was whistling back.

I went over a rain-soaked, moss-covered wall and kept whistling. Now I was in someone else's back yard in full view of the rear windows of an entire apartment building and I was calling out his name and whistling into the mist. The next yard tilted at an angle, as the ground began to swell into a hill. I kept walking and climbed over another wall into a yard full of blackberry brambles, at first only ankle-high, but gradually, as I began crossing the yard going toward his sonar, I went into the bramble deeper and deeper. When I was knee-deep, I stopped. His voice sounded loud and near, but I couldn't spot him.

Continued on page 14

Lovebirds
(Continued from page 13)

Then, miraculously against all that green, I saw him atop a huge stand of blackberry bramble hiding behind a large leaf, but peering out to see if I was watching him. whistled, he whistled. What fun, mother is going to chase me the way she does when my wings haven't been clipped and I won't go into my cage. When his wings are clipped, he cannot fly. His wings hadn't been clipped in weeks, usually a two-person job which Jack and I perform together.

I was greatly relieved to find him, but I had no idea how I was going to get to him. He was at least twenty-five feet away from me, and ten feet high in brambles. I made up my mind right then and there, he was going to have to decide where he belonged and he was going to have to come to me.

"Igor," I said, fearing that the neighbors were going to call the people with nets to take me away,

standing out there in their back yards, muddy and wet, talking and whistling into thin air as far as they were concerned. "Igor, this is your mother. Now I know it's been a bad week, but I've been under a lot of stress. I'm getting divorced and I'm sorry I've been neglecting you.

"If you want to come home, you have to fly over here because I can't come to you. If you want to stay out here, you can, but it's cold and it's wet and there's no free bird seed, and you're going to die. You may think it's terrific, but you'll be dead really soon. So, I'm going to wait right here while you make up your mind."

Nothing. Waiting. Peeking out from behind the leaf. Then, seeing I wasn't going to pursue, he came out from behind the leaf, and leaped to a branch where he was completely visible and tweeted loudly and, it seemed, playfully and joyfully to me across that twenty-five foot bramble-filled chasm which separated us. A few more

(Continued on page 18)

Browser Books presents:



The opening of the "Rugs to Riches" Kilim Gallery
Fine, handcrafted, flatwoven Turkish rugs and cushions now upstairs at Browser Books.

2239 Fillmore St. 567-8027

Pacific Heights
TRAVEL SERVICE
INCORPORATED

By Invitation

Pacific Heights Travel cordially invites you to sample our professional travel services. With over 40 years of combined corporate and vacation travel experience, we are confident that we can coordinate all of your travel needs.

We are specialists in:

- () Personalized service
- () Worldwide reservations — air-land-sea
- () Off the beaten path journeys
- () Complete cruise packages
- () Competitive prices

To sample our personalized and professional travel services please contact us Monday-Friday between 9:00am and 5:00pm, Saturday between 10:00am and 2:00pm at:

(415) 931-8000, 2211 Fillmore St.
San Francisco, Ca. 94115

ASTA

Parts Plus
autostore

AUTO SPRING
AND
WHEEL

SPECIAL

CHAMPION

NOTHING SPARKS
LIKE A CHAMPION

COPPER
PLUS



STANDARD PRICE
REG... \$1.51

NOW ONLY
\$1.15 EA

RESISTOR PRICE
REG... \$1.72

NOW ONLY...
\$1.32 EA

2401 BUSH STREET
SAN FRANCISCO
346-1224



Exercising your options

by David Kirk

Two weeks ago a group of gynecologists and obstetricians, during their national convention, issued guidelines for the nation's 25 million aerobic students. These guidelines are intended to make aerobic exercise safer, and to counter any macho "go for the burn" attitudes. If you are wondering why gynecologists and obstetricians are getting involved in aerobic exercise, it's largely because a videotape illustrating safe exercise routines was produced by Dr. Art Ulene, a Los Angeles gynecologist and television commentator. This cassette is being promoted and sold by the American College of Obstetricians and Gynecologists. One result of this is that a lot of articles have been written lately cautioning exercisers to exercise at their own pace, and not to punish their bodies in hopes of quick improvement. I support the notion of a moderate pace in exercising, but I worry that all these articles might have a negative effect on anyone considering starting an aerobic exercise program. Marlene Barry, an aerobics instructor at In Shape on Fillmore, says "One of the most important things is to start the exercise with a warm up, followed by the aerobic portion of the workout, and ending with a warm down." The warm up is particularly important. Most injuries occur from not stretching or limbering up, and jumping right into the workout.

One of the advantages of aerobic exercise studios is that they provide a structured routine to take the exerciser through the warm up, the aerobics and the warm down. As Randy Weigand, an instructor at Dancergetics

on Pine Street, says, "Our routines are consistent. Students know what's coming up so they aren't surprised by a new movement, and all of our movements can be modified for the beginner." At all of the studios in our area owners, managers and instructors assured me that injuries rarely occur. Rosemarie Darm, owner of Fitness Zone on Sacramento Street, described how a fitness test is given to each new student which includes flexibility, upper torso strength and abdominal strength. Once this is accomplished, the program can be structured to accommodate any level of fitness. One reason people are injured, she said, is because they go from being a "weekend exerciser to a more advanced program without proper preparation." Take your time. Fitness is meant to be a part of one's lifestyle, not a regimen to dive into and out of. Some people who start an aerobic exercise program decide to purchase an aerobic videotape before entering a studio. The problem with this is that there isn't anyone around to correct poor positioning and posture, and bad habits tend to get worse over time without correction. The preferred method is to learn how to aerobically exercise

in a studio FIRST, and then use a videotape when it's not possible to get to class. Marlene at In Shape says "You don't learn to play tennis watching a videotape." The tape is designed to hone skills already learned on the workout floor. Other important considerations for safe exercise include the proper equipment. According to Marilyn Tiriolo, manager of Dancergetics, "If you're going to spend any money at all, buy good shoes." This means comfortable aerobic shoes (not running shoes) with "sliding" soles. Finally, the biggest advantage of aerobic exercise studios is that there are instructors. Their job is not just to lead the class, but also to answer questions and to provide encouragement. Injuries can occur in large, unstructured classes with no control. Fortunately for us in Pacific Heights, the three studios in our area, Dancergetics, In Shape and Fitness Zone, are all relatively small and expertly staffed. Marlene of In Shape put it very well: "A class never ends when the music stops, but only when the last student's question is answered."

David Kirk is manager of the Pacific Heights Health Club.

**FOR ALL
YOUR FITNESS NEEDS**

WEIGHTS • APPAREL
ATHLETIC ACCESSORIES
BALL SPORTS

1860 FILLMORE ST • 921- 3677 • 1682 HAIGHT ST. • 861-HOYS

CANTERBURY RUGBY
SHIRTS \$ **29.95**

POLO-FLEECE
JACKETS \$ **39.95**

**TEAM UP WITH
PACIFIC HEIGHTS
HEALTH CLUB**

- FULL LINE OF NAUTILUS EQUIPMENT
- FREE WEIGHTS
- STEAM ROOM, SAUNA & WHIRLPOOL
- SUN TAN TABLE
- SPACIOUS SHOWER FACILITIES
- LIFE CYCLES
- TOWEL SERVICE
- AND FREE MASSAGE!

SUMMER SPECIAL
40% OFF
THREE MONTH MEMBERSHIP

\$300 REGULAR MEMBERSHIP
\$180 WITH SPECIAL
(OFFER EXPIRES AUGUST 31, 1986)

2356 PINE STREET (Between Fillmore and Steiner)
SAN FRANCISCO, CALIFORNIA 94115
HOURS: 6:00 a.m. to 11:00 p.m. Monday thru Saturday
7:00 a.m. to 10:00 p.m. Sunday



High tech health care goes high-touch in Planetree's Model Hospital Unit, which was set up to combine a warm and nurturing environment with the latest scientific technology available for acute and critical care. The unit also encourages the patient to take a more active and interested role in the recovery process. Here unit nursing coordinator Maggie Phillips discusses the Planetree Self-Medication Program with a patient.

Medical Center practice leads the edge in health care

From a small, obscure, nineteenth-century college founded by Samuel Cooper on the corner of Sacramento and Webster streets, the Pacific Presbyterian Medical Center has grown over the years into a nationally-renowned medical facility which last year delivered \$35 million worth of full-service health care. The Medical Center today, along with the Planetree Foundation, is widely recognized in medical circles for being on the forefront of innovative health care provision.

A recent example of its leadership position in health care services is the introduction last summer at Planetree of an in-patient, medical-surgical Model Hospital Project.

This new unit combines a critical and acute health care facility with a supportive and home-like environment. The Model Hospital Project was conceived to elevate the patient from passive participant in the process of his own health care needs to a full partnership with the hospital staff. And because the project recognizes that human interaction is central to a successful hospital experience, greater emphasis is given to nursing, since by the nature of their jobs nurses have more extensive interaction with patients than physicians. The Model Hospital Project seeks to demonstrate that when key members of the health care team, the patient, the nurse and the doctor, begin to share more equally in the decision-making about care and treatment, there is a higher level of commitment on the part of the nurses, more activated, self-responsible patients and a heightened appreciation of the hospital experience.

At the 13-bed Planetree unit, doctors stress patient education and involvement in health care. Their view of health care rests on the belief that patients should be treated in an environment that is conducive to healing. This conviction stems from the experience of Planetree founder, Angelica Thieriot, a San Francisco resident and former environmental activist, after she encountered a less-than-enlightening hospitalization as a result of developing a mysterious virus in 1975.

The project, referred to by its founder as "the nation's first consumer-oriented hospital unit" will enable the public and the hospitalized patient to make informed medical decision and choices regarding their health care needs. Also to insure individualized patient care, instead of a battery of nurses, each patient in the unit has a primary nurse responsible for his or her care,

doctors and other nurses consult.

During admission, patients complete a form outlining sleeping habits and preferences. The unit sees to it that an individual's normal schedule remains intact whenever possible.

New patients are supplied with information packets describing their condition, tests to be undertaken, treatments, and possible side-effects as a result of medication. For those who request additional information, a medical library nearby delivers books and other material relevant to the patient's condition.

The patient is comfortably ensconced in a home-like unit which includes a living room, a kitchen where patients and visiting families can prepare their own meals, and an open nurses' station which permits constant contact with the staff. Chrome and institutional paint have been replaced with oak furnishings and soothing color schemes coordinated with bedspreads and sheets. And patients are encouraged to bring photographs and other personal effects that lend a personal touch to their new surroundings.

The Pacific Presbyterian Medical Center has gained national recognition in other areas. Increasingly, Pacific Presbyterian is becoming recognized as an established major transplant center with active services in cardiac, renal and cornea transplantation. Last year, the Center's Kidney Transplant Program ranked eighth in the nation as the most active.

Unique among private medical centers in California is the "Tele-Teaching Program" by which 30 hospitals in Northern California, Nevada, and Oregon can hear "broadcasted" lectures from Pacific Presbyterian. Another unique program brings to the center up to ten reknowned physicians and scientists who lecture on a broad range of subjects, all in an effort to stay abreast of current "state of the art" health care. For example last year 90 surgeons studied the exacting microsurgical techniques that make it possible to repair arteries and blood vessels no larger than the period at the end of this paragraph.

Though the buildings, facilities, technology and people have changed over the years since the founding of the first medical institution on the site in 1882, the Center's commitment to excellence in the care of the individual has not. It is carried on today in the same high tradition Samuel Cooper foresaw when he founded Cooper Medical College at Sacramento and Webster Streets so many years ago.

--Stuart Goldsborough

FINN MALIN RESORT

Clear Lake
Finn Malin Resort
in secluded SODA
Bay. Furnished
housekeeping
units sleep 4.
Private view
and boat dock.
Fishing, swim-
ming and boating,
picnicking,
golfing,
horseback riding,
tennis nearby.

FOR FURTHER
INFORMATION CALL:
(415)-931-0220
OR (707)-279-4722

\$65 per night 7th night free
20% Deposit • No Pets



Backs To Work

- Work Targeted Physical Conditioning
- Low Back Injury Rehabilitation
- Functional Capacity Testing
- Back School

931-5111
2876 California Street
San Francisco, CA 94115
Between Divisadero & Broderick

Providing health care
services?
(Or maybe even seeing
patients?)

Take out a healthy ad in
The New Fillmore's Health
Care Section.

Call

931-0515



**Here's
to Your
Health**
by
Dr. Richard
Kunin

**Questions & Answers
About Your Health.**

I read recently in a very popular book on health "Fit for Life" that it is best to stay to a vegetarian diet. Is this correct?

Fruits, vegetables and nuts provide an excellent source for magnesium, Vitamin B6, Vitamin C, folic acid and trace minerals, and a diet high in vegetables and consequently low in fat will also reduce the body's requirements for the vitamins and essential minerals it needs while at the same time providing more of them. Deficiencies in all of the vitamins and essential minerals I've mentioned are known to be widespread in this country for the reason that the standard American diet still does not include enough vegetables.

However, while it is true that all vitamins, essential minerals, and proteins can be consumed by eating strictly fruits and vegetables, it is probably a mistake to do so, for reasons of not only cost and convenience, but for overall dietary balance. Avoiding any food is probably a mistake -- all foods have their advantages and disadvantages.

To concentrate excessively on one food area and cut out all others is extreme, and can lead to imbalance. There are some real advantages to eating meat for example -- even red meat. Meat contains the same spectrum of amino acids already present in the chemistry of the human body, and for that reason represents a single, high quality source for satisfying protein requirements. It is considerably trickier and far less convenient to get one's protein requirements exclusively from vegetables.

In considering diet there are some essential principles which should be adhered to -- first, have variety in what you eat; second, be moderate and don't eat too much of any one thing; third, eat foods as close to their whole and natural state as possible, avoiding over processing or over-cooking; fourth avoid contaminants and toxicants such as residual pesticides; and fifth develop the habit of listening to your body to discover what it may be wanting to take in above and beyond (or instead of) your present long formed eating habits. "Fit for Life" properly emphasizes eating vegetables but it is wrong in preaching against the eating of meat and dairy products, and ends up recommending a diet that has neither enough variety or moderation.

Dr. Kunin is a Doctor of Nutritional Medicine who has his practice here in the neighborhood. He is the author of two popular books; "Mega-Nutrition," and "Mega-Nutrition for Women. He invites your questions.

The hidden danger of good health.



When your life is active and your days are busy and you haven't had so much as a cold in months, the last thing you think about is the doctor.

Until you need one.

The fact is, the best time to find a doctor is now, while you are in good health and you have the time to find the one who's best for you.

And the best way to do that is through Physician Finder.

Physician Finder is a free community service from Pacific Presbyterian Medical Center, one of the most respected health care organizations on the West Coast—with one of the finest, most experienced medical staffs.

And they're ready to help you.

Physician Finder will provide you with the names of three doctors who meet your requirements. Then, when you actually need a doctor, you'll know who to call.

You spend a lot of time and energy to stay healthy, so why not spend a few minutes to find the doctor who cares as much about your good health as you do.

Call Physician Finder today.

FREE Emergency Care Guide

Call today and receive a handy 48-page booklet filled with valuable information on how to deal with emergencies and accidents.

**350 of the Best Doctors in San Francisco
Have the Same Phone Number:**

923-3800

EXT. 1



PACIFIC
PRESBYTERIAN
MEDICAL CENTER

PHYSICIAN FINDER



Pacific Presbyterian Medical Center

Clay and Buchanan Streets San Francisco

563-4321

General Information; Patient Information and Calls;
Administration; All Business Offices

Emergency Department 24-hour service 923 • 3333

Physician Finder: 923-3800

A Free Physician Referral Service

Community Education Programs.....	923-3440	Pacific Presbyterian Home Care.....	563-4321
Department of Medicine.....	923-3575	Patient Admitting.....	923-3438
Department of Surgery.....	923-3001	Patient Financial Services.....	923-3385
Emergency Department.....	923-3333	Pharmacy, Outpatient.....	923-3350
Kidney Dialysis Center.....	923-3258	Physician Referral Service.....	923-3800
Microsurgery Laboratory.....	923-3242	Pacific Presbyterian Psychiatric Institute	
Northern California Transplant Bank.....	922-3100	Inpatient Services.....	923-3252
Occupational Health.....	923-3320	Outpatient Services.....	923-3248
Operation Concern—Gay Counseling.....	626-7000	Geropsychiatry.....	923-3255
Outpatient Clinics		Family Therapy.....	923-3248
Eye Clinic.....	923-3901	Pyramid Health Center	
Medical-Surgical.....	923-3377	600 Montgomery St.....	983-5850
Dermatology, Podiatry, Specialty.....	923-3366	Radiology.....	923-3232
Women's Health.....	923-3373	Magnetic Resonance Imaging Center...	923-3674
Psychiatric.....	923-3247	Rehabilitation Services.....	923-3395

Garden Sullivan Hospital 921-6171



for the serious and
not-so-serious cook

MONTH OF JUNE INVENTORY THINNING **SALE**

Savings of up to 50% on
a wide selection of
handcrafted, functional
items, aprons, napkins,
Italian wire and ceramics,
cooks tools, roasters,
steamers, and
much, much more.

• • •
**New Fillmore readers:
mention this ad and
received 10% off all
non-sale goods!**

Valid through June 14 only!

2505 Sacramento Street
922-5100

•
Open 7 days a week

Parking

(Continued from page 12.)

October '86 to October '87, when the final phase of the project will be completed.

Suggestions for increasing parking availability come from still others.

Supervisor Carol Ruth Silver, for one, with local businessman Robert Pritikin, put out a plan in 1984 for preserving or freeing up on-street parking in neighborhoods. They cited an "appalling number of red curbs that are not justified." They recommended evaluating these red zones, particularly their length around low-pressure fire hydrants, with the idea of recapturing many of them for parking. Two of these red zones have been earmarked for cutback in the Upper Fillmore area. Further suggestions in the report included cutting back the length of the bus zones and permitting diagonal parking on California Street.

Many of the suggestions could be implemented in Upper Fillmore, particularly pressuring the City to permit diagonal parking on California Street. But since the responsibility for painted curbs has been transferred from the Police to the over-worked staff of the Traffic Engineering Division of the Department of Public Works, no one

really knows where these lines are, let alone knowing if they serve the public interest. Nevertheless, these ideas could go a long way to improving parking conditions in Upper Fillmore.

Given the facts, it seems the parking problem in our neighborhood is more perceptual than real. Residents and outsiders come into the commercial district and seeing a confusion of traffic and limited parking created in large part by the very merchants or lending institutions they come here to do business with, park illegally, creating traffic snarls that are seen by other drivers as symptoms of a larger parking problem that really doesn't exist.

It may not, then, after all, be necessary for area residents to resort to the desperate measures we heard of in one recent case, in which someone needing a car, but having no place off the street to park it, resorted to buying a car that was already parked.

--Stuart Goldsborough.

Stuart Goldsborough is a free lance writer from Southern California, here observing and participating in the start-up of the New Fillmore. He has a diverse background in advertsing and film production, and is working on his first novel.

Lovebirds

(Continued from page 14.)

sentences in the same vein on my part, hoping the looney wagon wouldn't come before IGOR'S FATE WAS DECIDED.

Five minutes passed. I crooned to him in the special voice I used to call him in the morning. Finally, a flutter of wings and he breasted the space and flew, not to my shoulder, for he had his pride, but to a fence a little way up behind me. He didn't try to fly away when I came up slowly and cupped my hands over him and felt his heart beating, not wildly, but calmly.

With Igor in my palms, I couldn't go back the ragged way I had come, so I climbed another fence and found myself behind a row of locked secure buildings. I had to go down a row of four buildings before I found an alley which led into a garage but which also led out to the street. I walked around the block talking to Igor all the way. He was happy and I was happy. He had chosen wisely, I thought, even though I would have respected his desire to be free.

I made sure he had enough seed, and put a spray of millet and fresh water in his cage. Then I called Linzey and told him I was on my

way. It was a Saturday and I would never have let him down on the busiest day of the week without good reason.

I thought of how empty the house seemed without the bird--such a little creature, but so much life. And then I thought wistfully of Jack. Although I told the Igor story to a number of people at work, he was the only one who would really understand and I couldn't tell him, not yet, anyway. We had to give things time. A few weeks later we did talk about it, and we reminded each other about a bird we had both fallen in love with and were just waiting for Jamie to give us a price on. His name was Sammy, and he was a hyacinth macaw, the largest species of parrot in the world. Royal blue all over with big yellow-orange circles around the eyes and a bright yellow smile around a beak that, if the bird wasn't hand-tamed, could snap a broomstick in half. Sammy said, "Crackers," and hopped from foot to foot sideways, and we were told by Jamie, although we never saw it, that Sammy rides a bicycle and only costs five thousand five hundred dollars.

Diane Wolfe lives in the neighborhood. She is the author of two books on China, and is currently at work on a novel and a screenplay.



2185 Fillmore at Sacramento • (415) 931-2224 • Open 7 days a week, Thurs. nites till 8:00.

REAL ESTATE

Great Old Houses -- #2



2115 Bush ends a wonderful row of six flat-fronted Italianate houses built in 1874 by The Real Estate Associates. Identical except for colors and railings, they are only two rooms deep and have their bay windows in the back, to be seen on a walk down Cottage Row alongside. Once covered with asbestos shingles, this house was beautifully restored to match the rest, with the proper shape of pediment over every single window.

--photo, copy and research by Anne Bloomfield



Elegant Living in San Francisco

1805
FILLMORE

1805 Fillmore offers one and two bedroom condominium homes with every accommodation for comfortable living.

Our unique two story townhomes are priced from \$176,000. They feature two full baths as well as a master bedroom suite with a woodburning fireplace, sauna, private deck and views of the City.

An elegant lobby, intercom entry, and secure parking accompanies each home. Fully equipped kitchens, spacious closets, private storage, and a sunny outdoor area for relaxation and recreation further add to the homeowner's enjoyment.

Open
Wed - Fri 1 to 6 pm
Sat - Sun 12 to 6 pm

For information call 931-1020
Broker cooperation invited.



Divisadero	Broadway	Seaside	Fillmore	Gough	Franklin	Van Ness
California						
Sutter			1805 Fillmore			



Doug Shaw

Real Estate Associate with
Colonial Realty

Specializing in:

- residential
- residential income
- commercial income

Believes the New Fillmore is the best area in San Francisco to invest in.

Over 7 million in property sold in the last 18 months.

For a free appraisal call:
776-9500

CLASSY CONDOS

RUSSIAN AND NOB HILL

LOW DOWN PAYMENT
CREATIVE FINANCING

DUPLEX RUSSIAN HILL
2000 SQ FT \$294.5 K

QUEEN ANNE
1750 SQ FT - 3 BDR \$254.5 K

REMODEL - VIEWS
1250 SQ FT \$264.5 K

NOB HILL-GG BRIDGE VIEW
1350 SQ FT \$234.5 K

— **776-7496** —

Thinking of buying or selling property?



Don't do *anything*
until you talk to

Laurie Nierenberg
Senior Marketing Consultant
Broker Associate

Grubb & Ellis
1823 Union Street

922-7100



Your Year Round Champagne Store and more

JUNE SPECIALS

THE WHITES



REG. PRICE 7.99
NOW

3.99

Domaine Laurier
'83
Sauvignon Blanc
Dry, lean, elegant.
A marvelous food wine.



REG. PRICE 12.00
NOW

6.99

Martin Ray
'83
Chardonnay
A rich, oaky, buttery
Chardonnay. A mouthful.

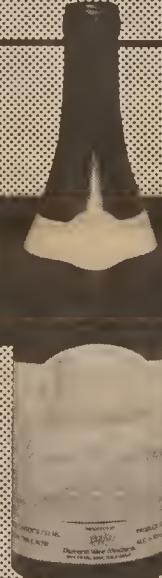
THE REDS



REG. PRICE 9.99
NOW

5.49

Aglianico
del Vulture
'78
Italian, rich, spicy, beautifully
balanced. Like Barolo without
the price.



REG. PRICE 23.99
NOW

15.99

Vosne Romance
'83
Burgundy
A classic '83 Burgundy.
Need we say more?

THE CHAMPAGNES AND SPARKLING WINES

REG. PRICE 11.99
NOW

6.99

Brut Royal.
Our best value
in sparkling
wine under
10.00



REG. PRICE 24.25
NOW

12.99

Piper - Heidsieck
Brut Extra.
Even drier
than brut. From
one of the best
houses in France.



REG. PRICE 23.25
NOW

13.99

Laurent Perrier
Champagne
Classic, rich,
toasty, yeasty
champagne



2200 Fillmore St. corner of Sacramento
San Francisco, Ca. 94115

Phone 346-1325 • 567-9200